

Individual Best Times (All Time)

Shawn Halgamu - (1691396) - Nova Centurion SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|------------------|---------|-----------------|-----------|----------|---|------------|----------|-------|
| 50 Freestyle | 35.01 | 34.40 | 213 | 09/06/24 | NOVA Centurion June Sprint Meet 2024 | Nottingham | EM240724 | 3 |
| 100 Freestyle | 1:17.08 | 1:16.00 | 224 | 24/02/24 | Nottinghamshire ASA County Championships 2024 | Nottingham | EM240096 | 1 |
| 50 Breaststroke | 48.08 | 47.40 | 157 | 04/02/24 | Nottinghamshire ASA County Championships 2024 | Nottingham | EM240095 | 1 |
| 100 Breaststroke | 1:48.72 | 1:47.50 | 143 | 03/02/24 | Nottinghamshire ASA County Championships 2024 | Nottingham | EM240095 | 1 |
| 50 Backstroke | 41.77 | 41.30 | 179 | 09/06/24 | NOVA Centurion June Sprint Meet 2024 | Nottingham | EM240724 | 3 |
| 100 Backstroke | 1:28.49 | 1:27.60 | 198 | 09/06/24 | NOVA Centurion June Sprint Meet 2024 | Nottingham | EM240724 | 3 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|--|------------|----------|-------|
| 50 Freestyle | 33.79 | 34.40 | 212 | 23/06/24 | Nottingham 46th Northern Open Gala 2024 | Nottingham | EM240607 | 3 |
| 100 Freestyle | 1:15.67 | 1:16.80 | 208 | 23/06/24 | Nottingham 46th Northern Open Gala 2024 | Nottingham | EM240607 | 3 |
| 50 Breaststroke | 47.65 | 48.30 | 143 | 23/06/24 | Nottingham 46th Northern Open Gala 2024 | Nottingham | EM240607 | 3 |
| 100 Breaststroke | 1:42.94 | 1:44.20 | 154 | 16/03/24 | Arnold SC The Ernehale Open Meet 2024 | Nottingham | EM240097 | 3 |
| 200 Breaststroke | 3:41.37 | 3:43.80 | 159 | 17/03/24 | Arnold SC The Ernehale Open Meet 2024 | Nottingham | EM240097 | 3 |
| 50 Butterfly | 47.52 | 47.90 | 95 | 16/12/23 | Nottinghamshire ASA Stage 1 Gala 2023 | Bramcote | EM230368 | 4 |
| 50 Backstroke | 39.70 | 40.20 | 172 | 23/06/24 | Nottingham 46th Northern Open Gala 2024 | Nottingham | EM240607 | 3 |
| 100 Backstroke | 1:24.89 | 1:25.80 | 184 | 23/06/24 | Nottingham 46th Northern Open Gala 2024 | Nottingham | EM240607 | 3 |
| 100 Individual Medley | 1:39.00 | 1:39.00 | 123 | 09/09/23 | Notts Sports Centre League 2023 - Division 2 | Hucknall | EM230435 | 4 |